

Day care centre for Waterloo ECE

By Scott Brady

Students in the Early Childhood Education (ECE) program at Conestoga College's Waterloo campus will have an opportunity to practise what they have learned this Fall.

A new ECE demonstration day care lab will open its doors to the public on June 18.

According to Donna McKenna, Chairperson of Applied Arts/ECE, the idea for constructing an ECE lab at the Waterloo campus came about around two years ago. Ontario at that time had a desperate shortage of workers in the fields of early childhood education and it became apparent that Conestoga College's ECE Program would have to build another day care lab at another campus, if it was going to attract more students.

McKenna said the college decided the best location for a new lab would be at the Waterloo campus since the ECE program is also taught there. The Manufacturers Life Insurance Company along

with the Ministry of Social Services contributed to the \$856,000 cost for construction and upon completion the centre is expected to have enough space for 90 children, according to McKenna.

McKenna said the lab will operate like most other daycare centres, with space being available on a first come, first served basis. Also like Doon the lab be run largely by second-year students in Waterloo's ECE Program.

"We have to integrate theory and practise in this program, and having the students work in a day care centre is the best way," she said.

McKenna said she is optimistic that the new Waterloo Campus daycare lab will attract students into the ECE Program at Waterloo Campus. She also hopes that the lab will make a definite contribution in the effort to increase the number of skilled and experienced childcare workers in the province of Ontario.

Literature is tops at Conestoga

By John Ruetz

Conestoga College placed third overall in awards won in the fifth annual Trillium Awards May 3 at Algonquin College in Ottawa.

The awards signify the best in college publications in 14 categories. Conestoga took first place for the design of the 1990-91 full-time calendar and first for the *Communique* newsletter.

"I was extremely pleased with the results," said John Sawicki, manager of information services who oversees college publications.

The college viewbook earned a second place award in the specialty publications category. The student handbook/calendar and co-operative education-information flyers did not place in the top three in their respective categories.

Entries submitted for judging had

to meet requirements, including being used in the college during the year of submission.

"We strove to produce a clearer book," Sawicki said referring to the full-time calendar that recognized the changes in structure that have taken place at the college.

Having all full-time courses listed in alphabetical order and grouped into the schools where they are taught is one example of change that impressed the judges.

Judges came from industry working in graphic design for promotional and public relation firms.

George Brown College of Toronto won top honors with two first place and three second place showings. Sheridan College of Toronto came second overall with first place awards in three categories and one second place award.



Conestoga College's *Communique* newsletter and program calendar are rated tops in Ontario. The viewback won second place in the specialty category.

(Photo by John Ruetz/Spoke)



Doon's new look

To everyone's surprise, new directions signs were installed around Doon campus June 4. (Photo by Jo-ann Vasselin)

DSA votes to join OCCSPA

By Penny Dibben

The Doon Student Association executive voted May 23 to become a fee-paying member of the Ontario Community College Student Presidents Association.

OCCSPA represents the 110,000 full-time students in Ontario's 23 community colleges on matters of common concern.

It will cost \$0.25 per student or about \$1,000 a year to belong to the organization. The funds will most likely come from the DSA's conference budget, though the business manager and treasurer will make the final decision on the source, said John Lassel, president of the DSA.

Until now Conestoga College had been a general, but non-voting, member of OCCSPA. The issue of official membership came to a head at an April 22 meeting of OCCSPA, when Lassel was unanimously elected vice-chair of the organization.

Had the DSA executive elected

not to join OCCSPA, Lassel would have had to resign as vice-chair.

The fact that he had been elected to an executive position at OCCSPA "didn't put any added pressure on the DSA" to vote to become a fee-paying member of OCCSPA, said Lassel.

Lassel said it was important to officially join the association. "You can only get so much for free. OCCSPA wouldn't exist if everybody tried to get something for free," he said.

"Ethically and philosophically speaking, if you benefit from something, you have to give something back," Lassel said. In addition to membership fees, Conestoga can also give information and insight to the organization, he said.

Lassel believes officially belonging to OCCSPA will substantially benefit Conestoga. For instance, during the teachers' strike last fall, OCCSPA had access to the Minister of Colleges and Universities. Lassel pointed out that it is

difficult for him as an individual student president to get through to the minister.

Lassel said Conestoga is better off belonging to OCCSPA than to the Ontario Federation of Students. The OFS is a richer, more powerful organization, he said, with student fees of \$3 a head, meaning that some of the larger universities may pay \$100,000 in annual dues. But the OFS "looks after universities first," he said.

By joining OCCSPA, the DSA will have access to centralized information from all of the 23 colleges. If the DSA wants information on residences or student centres, it can be found in a centralized data bank, rather than Lassel having to call up each individual college president as he would have had to do before. "We don't have to reinvent the wheel all the time," Lassel said.

Centralized information will also be available for entertainment purposes, such as pubs. The DSA would be able to compare prices or find out what problems another college might have had with a particular band.

New orientation kit may include condom

By Penny Dibben

The Doon Student Association is preparing an orientation kit that will include, among other things, a T-shirt, a highlighter marker — and possibly a condom. The kit, which needs to be ordered and then picked up during Orientation Week in September, will cost \$8.95 before Aug. 15, and \$9.95 after.

The purpose of the kit is "to get new students more involved with school spirit," said Liz Hermle, vice-president of the DSA.

The DSA is still in the process of contacting corporate sponsors for the 600 kits, which may also contain potato chips, tomato juice and a water bottle, said Hermle.

According to Hermle the kits

were a hit last year, the first year they were offered for sale. All 500 sold out.

"People were impressed last year from what I heard," said Hermle. "We sold out. That in itself should say something."

The money will cover the costs of the items in the kit, and anything extra will go to an elevator fund for special needs students, said Hermle.

The DSA will also put out jars where the kits are sold in the hopes people will donate their nickel in change to the elevator fund.

Fifty-five kits have already been ordered for students in the construction program. Other articles, unique to the program, will be added to the kits, said Hermle.

INSIDE:

Entertainment

Bars, records, movies and more.

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Stratford

The Stratford campus begins new elderhostel program for mature adults.

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Health

Health tips for nutritional eating, losing weight, and just keeping fit.

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SPOKE

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Parents, can't live without them

By Tara Ziemanis

In this, my first and only Spoke column, I have chosen to make an embarrassing and gut-wrenching confession.

I am 21-years-old and I live at home.

Yes, that's right.

I live with my mommy and daddy, rent-free, with unlimited car privileges. I eat their food, sleep in their home, and, I'm ashamed to say, they pay for my education, and even my car fuel.

Some might say that I should be happy, after all, I live without the stress of rent or car insurance payments. I never have to resort to eating Kraft Dinner for breakfast, lunch and supper.

Those people are right, of course. However, somewhere along the line, between puberty and college, everything changed.

Suddenly, I was a guest in my own home. I felt indebted to my parents for letting me live there. I started apologizing for needing gas money or toothpaste. I heard myself saying repeatedly; "just wait until I move out, think of all the money you'll save. It will be soon, real soon."

Yeah, right.

Don't get me wrong, my parents are pillars of support. They never question why I'm still hanging around. In all the times we've fought, they've never once said, "get out of my house."

That doesn't stop the endless guilt. In fact, I think it makes it worse. My parents are saints, martyrs. I am a leech, pond scum, to be exact.

This was not my game plan. I was going to move out by the time I hit 20. I was going to be totally self-sufficient. I would invite my family to my apartment, where I would impress them with my vast culinary skills (ha!), and my ever-expanding independence.

Along the way, something went horribly wrong.

It might have originated with my shopping binges. Or it could have been my free-spending social life. They did warn me. I failed to heed their advice.

Now, I plan to move out within the year. I promised myself, that at the very least, I would be gone before my sister is (she's 9). I think that's a realistic expectation.

Until that big day arrives, I am condemned to a life of guilt. Everytime my parents argue about money shortages, I point them in my direction. I feel it is my burden to remind them that their eldest, their pride and joy, is just one big expenditure.

Of course, I do have something working in my favor. My cousin still resides at home and she's hitting 26. Next to her, I'm a shining example of self-reliance. Must be in the genes.

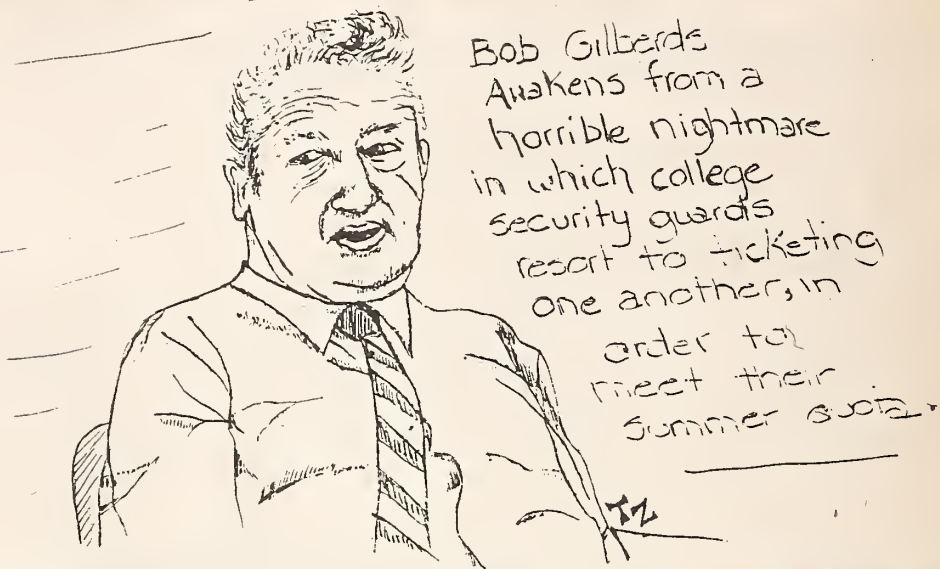
So now I am left to bide my time, defending my bedroom from siblings that have already claimed it as their own.

I'm not kidding myself. I know that leaving won't be easy. My mother will cry, my father will develop a suspiciously convenient eye irritation, and my brothers and sister will have to acknowledge my departure, and therefore my existence.

But it will be nice, life-altering, but nice.

And I'm sure, if things go as planned, it will be soon- mom and dad. Well, pretty soon anyway.

OPINION



Lost children turn to street gangs

"It's not safe down here anymore. Every time you turn around someone's getting stabbed, someone's getting hit, someone's getting his wallet stolen."

This could be a description of central Detroit, the seedier section of Toronto, or any other rapidly-expanding large city. Think again.

According to a Kitchener-Waterloo Record article, dated June 4, this is a depiction of the downtown Kitchener scene, as observed by one regular dweller.

The violent picture is a new one, largely blamed on the influx of street gangs and their clashes with street kids in the downtown core.

With the recent increase of media reports on Toronto gang wars, and escalating street violence there is justified cause for public concern.

What can be done to halt this before it becomes unstoppable?

Kitchener has taken preventative steps by appointing a team of five beat police officers to the downtown

area. Project Police, as the program is called has met with positive results.

However, the ultimate solution does not lie in the hands of the men in blue.

The answer may be as simple as the question, "do you know where your children are?"

Once again, parents are taking the rap for the actions of their children. Perhaps this time it's, for the most part, justified.

Many parents, whether they are short of time, or simply uninterested, are neglecting the basic needs of their children, which are love, attention and, above all supervision.

Children are often mirrors for their parents behaviour.

In a society that values material gains above all else, is it little wonder that today's children are learning the value of possessions before they are learning the value of human life?

Will the real Canadians please stand up

"We, the people, of the United States of America..." is the introduction of the American Pledge of Allegiance.

In a recent conversation it was concluded that in the not so distant future, Canadians will also be reciting the American pledge.

Canadian citizens seem to think Canada will become part of the United States.

But really, why would the United States even want Canada?

Canada, despite its potential, has become a neurotic wreck - nationally and economically.

Alan Taylor, who is the chairman of the Royal Bank of Canada attributes the Canadian constitutional crisis to the plunging dollar, soaring interest rates and nervous foreign investors.

The Americans certainly have their faults, but at least they know who they are.

A Canadian will always say, "I am Irish, or Italian, or Polish." Then, they will admit to being Canadian.

As for Quebecers, they will invariably answer they

are a French Quebecer; with emphasis on the French.

Yet, as one American editor said, "About one-quarter of Quebecers, a majority of whom want to ditch their English-speaking countrymen, favor statehood."

But, why on earth would the United States want to absorb five million ill-tempered Frenchmen, eh? he asked.

Then he went on to describe the rest of Canada.

The Atlantic provinces are fishing for a new sugar daddy to replace Ottawa.

Forget the Yukon and Northwest Territories because most Canadians do. As for the West - well, they are subsidy addicted agricultural wastelands.

That leaves Ontario. Ontario will be Canada.

Uniquely, Ontario citizens think of themselves as Canadians, and are the least interested in becoming a part of the States.

Canadians need to learn how to stand united, and stop acting as spoiled children.

In essence - grow up and get a life, Canada!

Discrimination against women continues

A woman's place is in the home. In the kitchen, to be precise.

Or so ran a snatch of conversation recently overheard in the halls of Conestoga College. The speaker also added for the illumination of his two listeners that he hates feminists.

Apparently to this man's way of "thinking," the world is divided into two categories of people. One category, men, are free to do as they please, limited only by their abilities and imagination. The other category, women, are denied the right to participate in the larger world, to come out of the kitchen, so to speak. Not because of any inability, but on the basis of their gender.

Perhaps some people might be inclined to laugh off or dismiss this man's comments. Boys will be boys. Ha, ha, ha.

And no doubt there is a psychological explanation

why this man demeans others. Plagued by feelings of inferiority and insecurity, he needs to compensate by putting down women.

Someone should tell him a real man does not need to diminish anyone in order to feel good about himself.

Feminist-bashing, figurative or otherwise, is shocking and downright chilling in these post-Marc Lepine days. Does anyone need reminding that less than six months ago, 14 Canadian young women died at the hands and gun of someone who hated women?

To discriminate against people on the basis of the group they belong to (gender, race, religion etc.) eats away at the vitals of society; respect for others is the most basic prerequisite for a civilized society. Without it, we've got nothing.

Many things can be taught at college, it's too bad some of the most important and fundamental cannot be. Like respect for one's fellow human beings.

You tell us:

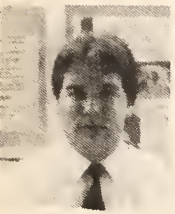
What do you think of going to school during the summer?



"It's a good idea. It's a good use of facilities."
Jo-Anne Morgan, Student Services



"If you don't have anything else to do, why not?"
Margrite Vangoolen, Computer Literacy



"If you get the opportunity to take a course, it's a good opportunity."
Sean Armstrong, First-year Broadcasting



"It's not a lot of fun, but it'll save me 3 hours a week in the fall."
Pierre Lapointe, Second-year Engineering



"I feel everybody needs a break. I'm glad I'm not going to school this summer."
Mike Kelly, Second-year Broadcasting



"Drag! Too much sun outside."
Mike Coughlan, Second-year Broadcasting



"I feel sorry for the ones that have to be here. I wish there were full-time courses during the summer."
John Lassel, Third-year Construction



"It's a great time to prepare for next year's activities."
Cheryl Davenport, DSA Activities Co-ordinator

Fitness should be fun

By Jeff Fraser

There have been monumental achievements in the history of mankind. Walking on the moon, the invention of the telephone, a re-usable space shuttle, heart transplant operations and the airplane, to name a few.

But despite all these successes, man hasn't found a way to lose weight and get fit by any other means than hard work and discipline.

If Canada's neighbors to the south are any indication, the fight for fitness continues.

According to Dr. Liz Applegate in the February 1990 issue of *Runner's World* magazine, Americans spent \$1.5 billion last year on in-hospital weight-loss clinics and other commercial programs.

These programs, designed exclusively to induce weight loss, are extremely varied.

For example, low calorie diets, like the Opti-Fast program Oprah Winfrey used to drop 67 pounds, is designed for people who are over 30 per cent their ideal body weight, said Applegate. They are composed of liquid supplement and minerals but few calories—about 400 a day. It causes quick weight loss but requires a doctor's supervision to monitor any side effects from the rapid breakdown of protein tissue.

Other programs, such as Weight Watchers and Nutri-System, offer dieters meal plans and behavior classes along with options to purchase pre-prepared food products, Applegate said. The problem is that after dieters reach their ideal weights and shift their emphasis to weight maintenance, they discover they are ill-prepared to fight the long-term battles to keep the weight off.

Costs for these programs range from \$8 a week (U.S.) for Weight Watchers to \$1,000 a week (U.S.) for clinics with physician involvement.

These programs do work for some people but with time and money.

Getting fit doesn't have to be a costly experience if the participants are prepared to fully apply themselves to exercising and following a healthy diet. The hardest part is getting started. Applying a few helpful tips can make getting

fit a worthwhile and enjoyable endeavour.

First it may be helpful to understand the important areas of the body which require steady exercise. Four major components require work for total fitness:

Cardiovascular fitness is the most important area according to Elizabeth Mask, fitness consultant at Conestoga College's Doon campus. "This indicates how efficient the body is at taking in oxygen and giving it throughout the transport systems down to the working muscles."

"Cardiovascular fitness is the part that gets you through the day with lots of energy, helps reduce stress, helps burn body fat, promotes longevity, reduces a lot of health risk factors," she said. "The faster their heart rate comes down the more physically active and the more fit they are."

The next area of concern is body fat. Mask said it is almost impossible to tell just by looking at someone how much of their body composition is fat and how much is muscle.

The consequence of too much body fat is straight forward. "The more body fat you have, the more health risk factors you have. For every pound of extra fat you have, there's an extra mile of blood vessels the heart has to pump blood through. The heavier you are the more strain there is on the heart," she said.

Therefore, obesity can lead to high blood pressure, diabetes and heart problems.

Muscle endurance is another area of concern. "If there's not very much endurance in the muscle groups, the person will tire quickly and be low in energy," she said. Having a good level of muscle strength and endurance ensures a person can respond to a dangerous situation and protect themselves.

Last, is flexibility. "Flexibility is very important," said Mask, because the tighter you are, you're much more prone to injury. If you're very inflexible and you want to get involved in a particular activity, you're limiting your range of motion."

Weight Watchers Magazine Health and Fitness Guide sums up the benefits of exercise. "Exercise can decrease the risk of heart disease, improve oxygen delivery throughout the body, help lower

blood pressure and cholesterol levels and alleviate mental anxiety and depression."

Regular exercise makes weight loss efforts pay off by kick starting metabolism to burn off excess calories that would otherwise turn to fat. Exercise sculpts muscles, making every pound count.

Once again, the hardest part of getting fit is to begin exercising.

According to a Weight Watchers survey, two-thirds of those who start a fitness program quit within six months. Beginners usually have unrealistic goals and expectations, becoming frustrated when results don't appear quickly.

To achieve success, beginners should follow a few simple suggestions outlined by Weight Watchers Magazine:

Commitment is the first major task. Carve out a special time for exercise during the day for physical activity and stick to it. Becoming fit requires a consistent effort. Expend a minimum of 3,000 calories every week. Sporadic bursts of activity only lead to injury and long, can't-move-a-muscle recovery periods where the body loses more ground than it gains.

Establishing realistic goals and developing a specific plan of attack is another key. For example, a person may decide to exercise 30 minutes a day, four times per week. Commit these plans to paper for extra incentive.

The only way to lose weight is to take in fewer calories and carbohydrates each day than are expended in energy. A good rule to follow, said Weider, is to cut down about 20 per cent on everything eaten.

Exercise alone will not ensure fitness. Exercise along with the proper diet is essential. Weider makes these suggestions for a good diet.

Avoid rich, starchy, greasy foods. Sugar, cakes, candies, soft drinks and white flour products are taboo. Cut down on rich fatty meats, potatoes, squash, nuts, peanut butter, beans, corn, peas, rice, bread, pancakes, waffles, muffins, pastries, whole milk products.

"Leave the table a bit hungry," said Weider. "Never eat to the point where you feel full."

"Give yourself time to enjoy your fitness program," says Weight Watchers Magazine. "You won't see results overnight but after six weeks, you'll probably notice a positive difference in inches and tone. Make sure you get a doctor's approval before beginning any exercise routine and then maintain a steady pace and eventually you'll come up a winner."

Elizabeth Mask offers this advice to fitness beginners. "If you have some specific goals, you have to really apply yourself to it in an educated way. It (getting fit) is not something you do when everything else is done and there's some time left over. Exercise is not something you do haphazardly."

Anyone planning on taking the first step toward total fitness and a new outlook on life, remember — getting fit means choosing enjoyable activities which suit individual needs.

Getting fit should be fun. Getting fit is not punishment.

LETTERS TO THE EDITOR

Dear Editor:

This letter is written in response to the editorial comment in the April 23, 1990 issue of *Spoke*.

We, the board of directors of the Alumni Association read with interest the concerns and comments voiced by the writer. We most wholeheartedly agree that a graduate should leave with good feelings and happy memories. To this end, we have incorporated student representation on the board, and welcome any constructive comments and suggestions. The board is presently made up of a good cross-section of graduates, both by course and era representation. We hope to be quite visible and accessible to the student body at all campuses.

Our primary focus at this time is not to solicit funds, but rather to promote and organize functions and services, awards and spirit for the present, past and future students at Conestoga. We will try to respond to and act upon (where appropriate) any concerns brought to us which would fall within our mandate. All of us have had a good memories of our Alma Mater and are therefore entering this founding stage of the Alumni Association with optimism and energy.

Sincerely,
Monica Himmelman
President, Alumni Association
Social Services, 1970

Cambridge campus completes move

By Jeff Fraser

Conestoga College's Cambridge campus finished a two-day relocation on May 28, uprooting programs from 1305 Bishop St., to new facilities at 1425 Bishop St.

The move, decided on about a year ago, was due primarily to the expiring of the college's lease at its present location, said Joyce Uberig, campus administrator of both Cambridge and Guelph campuses. The lease expired May 31,

totally closing the old campus.

The college renovated new space in the Future's building to accommodate the program relocations. "The whole thing becomes a new campus, she said. "It's a very nice location. I'm sure they (students) will enjoy it. It's really going to be nice for them."

To ease the transition, packing was done a few days prior to the move, said Uberig. Everything from fire extinguishers to typewriters and computers were

boxed and appropriately labelled.

On the day of the move, 13 workers with three trucks transported the items to the new location, she said, where maps outlined the destination of each box.

For four days students attended classes at Collier-MacMillan Drive, as final preparations and the actual move were completed. Then on May 31, students arrived at the new campus where telephones and computers were already operational, she said.

At the first mention of a change in campus location, students were concerned. "There's always apprehension over a big move," said Uberig.

The faculty continually updated students on the progress, reassuring favorable conditions for learning. Uberig said, eventually students were "more positive on that exciting side (of change) than negative."

Only a few programs were ef-

fected by the move. English as a second language, Ontario basic skills, literacy, Futures (pre-employment) and Futures (work experience) programs continue through the summer, along with all of the evening continuing education programs.

The office systems management program is being relocated to the Guelph campus. The college also maintains the welding program at 680 Bishop St., Cambridge.

Balanced budget forecast for college in '91-'92

By John Ruetz

David Uffelmann, chairman of the Board of Governors finance and audit subcommittee, said Conestoga College should have a balanced budget by the 1991-'92 school year.

In his May 28 report to the Board of Governors, Uffelmann said the subcommittee investigating ways to reduce the college's operating deficit, announced as nearly \$4 million earlier this year, projected a net deficit of \$645,000 for the upcoming college year.

"Very serious attempts were made for a no-fat budget," Uffelmann said after studying ways to reduce spending at the college.

Studies investigating where the college's money goes showed that

salaries account for 88.2 per cent of all college costs, said Uffelmann. Conestoga has the highest proportion of academic salaries in Ontario. He also said Conestoga has the highest number of program hours taught in Ontario's community college system which explains why salaries demand so much of the college's money.

The firing of former academic vice-president Pat Carter and the layoff of 10 faculty members soon after, along with various program cancellations and cutbacks, have helped reduce spending.

"As far as we're (the subcommittee) concerned," said Uffelmann, "we've gone as far as we can with cutting the deficit."

A president's report to a May 22 board subcommittee meeting said

the college will be "positioned for next year because we are forecasting a 6.9 to 7 per cent grant increase."

Tight monitoring initiatives will be introduced to further reduce the deficit by the end of the year."

A report from the May 25 finance and audit subcommittee tabled at the board meeting listed other factors preventing a balanced budget for the upcoming school year.

A \$340,000 employer health tax which covers college employees OHIP payments, and \$380,000 for pay equity costs were not budgeted for. Both costs were introduced as law by the provincial government in 1990.

Another \$750,000 will be spent to cover the costs of reducing college staff.

Dooners repairs delayed

The expansion of the Dooners cafeteria at Conestoga College's Doon campus has been delayed until January 1991 and will not be completed by the original date of September 1990.

The delay is caused by the current construction of two additions to the technology wing.

A two-storey 12,000 square foot addition is being erected in the courtyard parallel to the college's wood working centre.

A single-storey 6,000 square foot addition is being constructed at the end of the existing biology labs.

The two projects will temporarily house services which are now located in the portables on campus, which will be replaced by a new administration building.

Construction of this building will begin after the additions to the technology wing are completed. They will be ready in time for the September semester.

David Putt, director of physical resources at the college, said the construction has been backed by a week or two. The addition expands to the room located beside the small cafeteria and plans will have to wait until the addition is "in line", Putt said.

"There's an enormous number of projects going on this year," said in a telephone interview May 31.

Renovations to the cafeteria will include expansion into the room beside it. Windows will replace some of the far wall. Putt said he plans for an outside patio for the Dooner's cafeteria in the spring of 1991.

"We have to have an environment where it's pleasant for students," John Tibbits, Conestoga College's president said in April when he mentioned renovation plans for the cafeteria.

The Dooners cafeteria was built last summer.

Summer fun planned

By Claudia Zuniga

Conestoga College's recreation centre, located at the Doon campus, is preparing for summer recreation 1990.

The programs being offered include: summer sports camp, summer fun camp, youth hockey league, hockey body checking clinic and a new summer adventure camp.

Each camp runs for two fully supervised weeks, offering activities games and off-campus expeditions. Each camp differs from ages six to 15.

The fun camp is for ages six to 12. This camp features sports, arts, crafts, and outdoor activities.

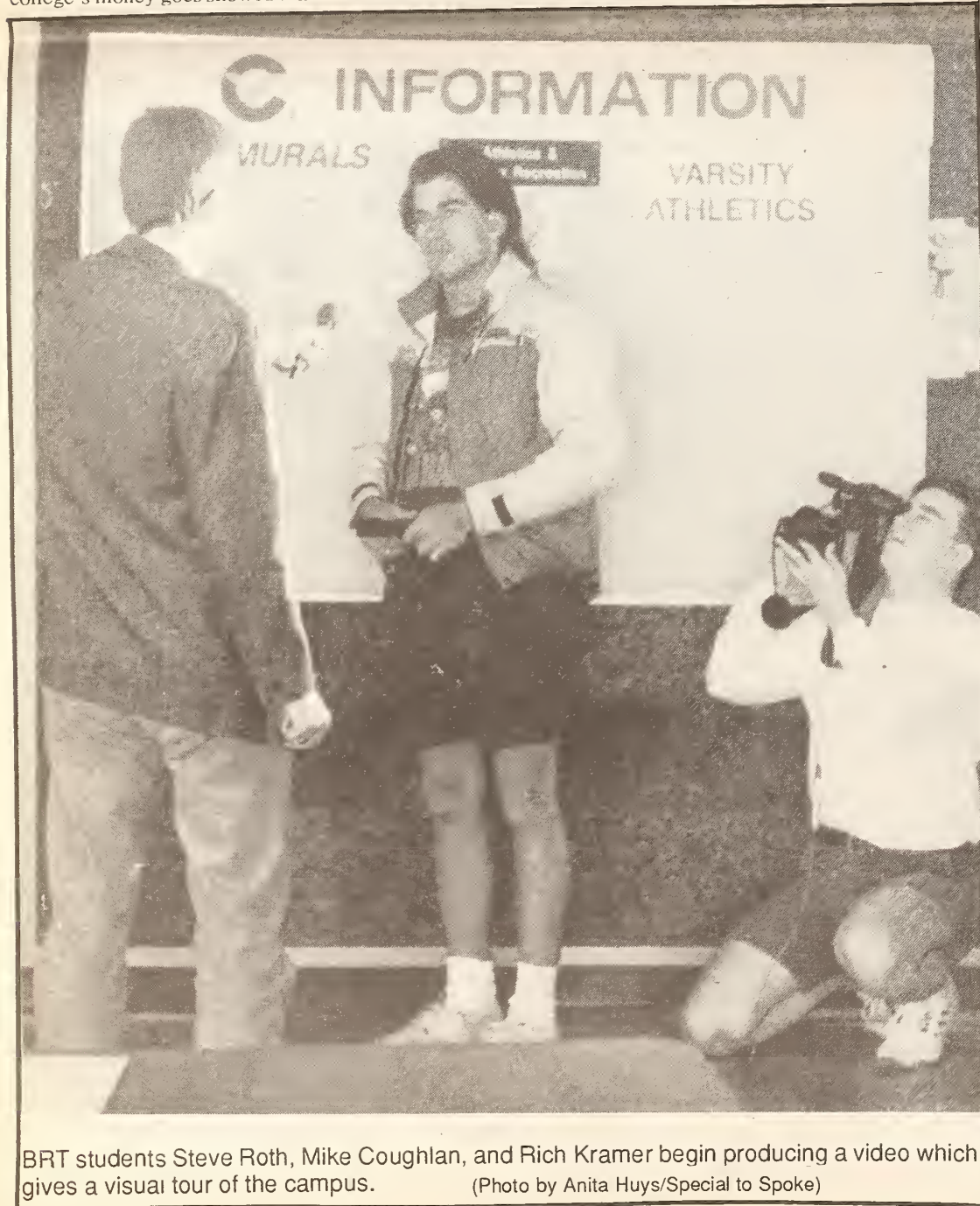
The new adventure camp caters to 10 to 13-year-olds by offering crafts, games, arts and off-campus activities. The sports camp features sports instruction on tennis, volleyball, badminton, and soccer. Recreational activities instruction is taught in baseball, fitness instruction and swimming. This camp is for 10 to 15-year-olds.

The hockey league features novice, atom, pee-wee, and bantam divisions. The divisions are set up according to the Canadian Amateur Hockey Association age specifications. The league started May 5 and will continue through to August 4.

The body checking clinic which began April 28 allows the participants an hour and a half of ice

time to learn and practice proper body checking techniques.

The dates for the camps are: July 2-13, July 16-27, July 30-Aug. 10, Aug. 13-24, running from 9 a.m. until 4 p.m. Monday to Friday.



BRT students Steve Roth, Mike Coughlan, and Rich Kramer begin producing a video which gives a visual tour of the campus. (Photo by Anita Huys/Special to Spoke)

FEATURES

Experience Conestoga, a new approach

By Tara Ziemanis

Are you in the mood to experience Conestoga College?

Well, hundreds of people were during the college's Experience Conestoga orientation week, June 4 to June 8.

The evening session of orientation began at 5:30 p.m. Prospective students were given an opportunity to browse through the many pamphlets offered at the information centre, which was located at the top of the cafeteria stairwell.

Each table which was set-up targeted a different area of the college's services, including the Learning Resource Centre, the DSA, Special Needs, and OSAP.

At 6:30 interested parties gathered for an orientation meeting, in which they were introduced to various college faculty and stu-

dents.

Speakers included Steve Roth, DSA assistant activities co-ordinator, who spoke to students about the DSA, and representatives from student services, OSAP, the Recreation Centre, and electives.

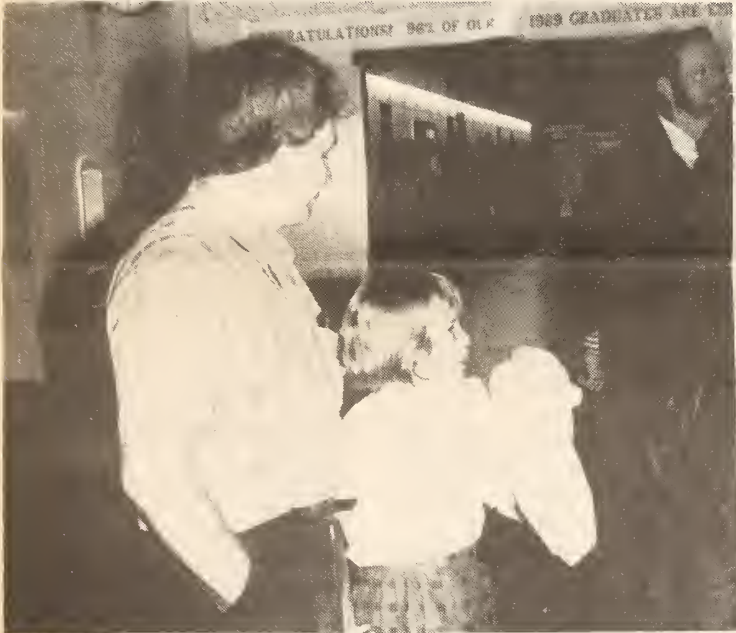
Peer helpers, assigned by the Student Services office, guided groups through a general tour of the school, and the specific areas of study individuals were interested in.

Almost everyone appeared impressed with the orientation.

"It was really good. This (orientation) will influence my decision to attend the college. The people were really nice," said Shannon Gordon, a grade thirteen student from St. James High School in Guelph.



Peer helper Lisa Graham, first-year nursing, gives prospective recreation leadership students a tour of the learning resource centre. (Photo by Tara Ziemanis/Spoke)



Starting early: A father and daughter check out the information centre June 5. (Photo by Tara Ziemanis/Spoke)



Looking frazzled, a busy peer helper gives a guided tour. (Photo by Tara Ziemanis/Spoke)

Sign up!

By Jo-ann Vasselin

In with the new, and out with the old. This seems to be the new motto as Doon campus has signed up for a "new look."

On Monday, June 4, there were brand-spanking-new red and white (or are they orange and white?) direction signs erected around Doon.

These signs have large white type which makes it easy for people to read. This, in turn, makes it clear as to where buildings, parking lots and departments of the college are located.

Consensus of opinion among the students is favorable.

As one student said, "It is about time (the new signs). The old ones were disgusting, and not taken care of."

While signs are a small part of the renovations being done around the college, they do make a noticeable difference as far as image.

It was said, "They add credibility to the college."



Just one of the many new signs around Doon campus.

(Photo by Jo-ann Vasselin/Spoke)

ENTERTAINMENT

Hot Spots

Bomb shelter blasts away boredom blues

By Tara Ziemanis

Have you been sitting at home on Wednesdays, wondering where to go, and what to do?

Well, from here on out, your problems are over. The answer lies no further than the University of Waterloo's Bomb Shelter.

What is a Bomb Shelter you ask. It's one of two drinking establishments located on the University of Waterloo campus. The Bomb Shelter is situated in the basement of the Campus Centre.

On Wednesdays, which are typically lifeless nights in the Kitchener-Waterloo area, the Bomb Shelter draws crowds which fill its 400-capacity bar and patio.

However there is a catch. Non-students are not admitted to the bar unless they are signed in by a U of W student (usually someone in the line-up is happy to oblige). College students are allowed entrance if they show their student card.

The crowd, mostly university

students, ranges in age from 19 to 25. Males always outnumber females (single women take note).

Rock n'roll Wednesdays, as they are referred to, feature nothing in the way of special entertainment, instead students dance to a range of popular pre-taped tunes. Songs by artists such as John Cougar, Rolling Stones, Aerosmith and dance mixes are the norm.

Prices are also a drawing card. A pitcher of beer (the drink of choice) will cost you \$8.40.

Busy nights at the Bomb Shelter (during the slower summer months) are Wednesdays and Fridays. Friday's feature free concerts, and a special on "tall boy" beer cans (\$2.50).

Non-drinkers will find the crowd friendly, and the video games, foomball tables, and T.V. sports appealing. It is also a non-smoking establishment.

Newcomers, be sure to arrive before 9:30 p.m., when the long line-ups start.



The University of Waterloo's campus centre houses a popular waterhole, the Bomb Shelter.
(Photo by Tara Ziemanis/Spoke)

Wilcox rocks in Cambridge

By Jana Faulhafer

David Wilcox can play with the best of them.

This was no surprise to the crowd that attended Wilcox's sell-out concert at Cambridge's Highlands, May 25.

The doors opened at 7:30p.m. to a rush of stampeding concertgoers anxious to hear their favorite hardrocking, roadhouse musician.

Though some were disappointed that Wilcox didn't begin his set until nearly 11p.m. he still managed to dazzle a crowd of approximately 300 for two hours with his ear-wrenching guitar riffs and humorous facial expressions.

The crowd, ranging in age from 19 to about 49, came to see Wilcox and his boys, one of the last bar bands that really put on a show when they perform live, in a smoke-filled bar, or a crowded beer hall.

His music remains fast-paced blues rock and roll, a dying style of music which is performed mainly by a dying breed of accomplished musicians.

Wilcox began the two hour concert with his newer material including, Natural Edge, Layin' Pipe, and Dear Darlin'.

Every song was punctuated by indescribable decibel levels of cheers and some inaudible talking from sweat-drenched Wilcox himself.

Wilcox maintained a constant raucous rapport with the crowd saying that he was having "an indescribably fantastic time." The crowd echoed his sentiments.

Wilcox delivered his usual extrasatisfying show with the sincerity, involvement, and deep-gut delivery which is crucial to all of his music.

David Wilcox may very well be the best of them.



David Wilcox played for a Conestoga College crowd a few years back and 'Wowed 'em' as much as the crowd at his May 25 Highland's concert. (Spoke file photo)

Williams not up to par in satirical Cadillac Man

By Tara Ziemanis

Robin Williams, a name that never fails to evoke fits of uncontrollable laughter. With one exception.

Cadillac Man, directed by Roger(No Way Out)Donaldson, casts Williams in a role that, at first, appears tailor-made.

Williams portrays Joey O'Brian, a philandering car salesman, who's life is out of control, and headed down the toilet.

Williams is juggling an ex-wife, a delinquent daughter, two girlfriends and a large debt with the mafia, when he learns he's about to lose his job.

It's the final blow for a desperate man, his world is coming apart at the seams. But wait, all is not lost, a miracle looms large on the horizon.

On the most pivotal day of

attacked by an armed and psychotic husband, hell-bent on discovering his wife's (the dealership's secretary) secret lover.

Tim Robbins (Bull Durham) turns in a stunning performance as a complete moron.

From the moment Robbins crashes through the dealership's window, and takes everyone hostage, chaos reigns supreme.

This is also the moment when the fun begins.

Williams becomes hostage negotiator, after he admits that he's the cheating culprit, even though his boss is the guilty party.

Got it so far?

After several rounds of unprovoked gunfire, one wounded wife, and several attempted hostage escapes, Williams convinces Robbins to release everyone,

except himself.

Williams is surprisingly subdued in this comedic role, he's the straight man to Robbins' maniacal moron.

The laughs lean toward the satirical. When Robbins calls his adulterous wife a "lying bitch-whore". Williams responds with, "What kind of a foundation for a relationship is that?"

Perhaps it's this unusual casting twist which leaves the viewer with a curiously, disappointed feeling. This is definitely not Mork from Ork.

However, despite the predictable ending, and the shortage of belly laughs, Cadillac Man is a satisfying film, if only because the watchful viewer will catch a glimpse of a "familiar" Williams now and again.

AM 109

Top Ten Albums

- | | |
|--------------------|--------------------------------------|
| 1. Wilson/Philips | Hold On |
| 2. Janet Jackson | Alright |
| 3. Depeche Mode | Enjoy the Silence |
| 4. Fleetwood Mac | Save Me |
| 5. Madonna | Vogue |
| 6. Heart | All I Want To Do Is Make Love To You |
| 7. Jude Cole | Baby It's Tonight |
| 8. Billy Idol | Cradle of Love |
| 9. Sinead O'Connor | Nothing Compares 2 U |
| 10. Roxette | It Must Have Been Love |

Top Ten Videos

1. Little Mermaid
2. Look Who's Talking
3. Harlem Nights
4. Dead Poets' Society
5. An Innocent Man
6. The Abyss
7. Honey I Shrunk the Kids
8. Black Rain
9. Sea of Love
10. Back to the Future II

Source: Jumbo Video

College offers educational assistant program

By Scott Brady

About 70 women, half of them teacher's assistants, showed up at a special information session at Conestoga College's Doon campus, in order to find out more about a new educational assistant program being offered at the college in the fall.

Many of them came away from the session with more questions than answers.

The program's co-ordinator, Susan Hipperson, and Marilyn Lambert chairperson of applied arts and business, presided over the session and offered to everyone a package containing information about the program.

According to the course outline, the Educational Assistant Program is a three month session designed to prepare people to work with students who have special needs. The program integrates both theory and practise. The student in the beginning takes a number of courses pertaining to child care and educational trends and then in the last weeks of the program becomes involved in a work project at a specially chosen educational institution. All people who are 19 years of age or have completed Grade 12 is eligible to apply for the program which seemed to bother some members of the audience especially the ones who were already educational assistants or university students.

A woman who was taking an educational assistant program at Sheridan College said many of the courses in the Conestoga program were ones she had already taken and asked if there was any way that students could bypass some of the courses and go into work placement quicker.

Hipperson said that they don't have a firm policy on what a person needs to be exempted from a course, and says every student who gets in the program must be looked at individually as to where they stand education-wise.

"We want you in things you don't know about," she said. "The assumption is not that you know it all. If you knew it all why would you take this course?"

With regard to the work placement, some women mentioned that they were already working full time and at least one woman said emphatically that she knew her employer would not give her any time off.

Hipperson offered no definite solutions to this problem, but said that they would work something out if a situation arose where a student had difficulty going out on his or her work placement. "We'll just have to be creative," she said, jokingly.

Although at times the audience seemed a little confused about how the program will operate, most of them agreed that it was a good program for the college and for the community.



Marilyn Lambert, chairperson of applied arts and business at the Waterloo campus, explains how the new educational assistant program will work.

(Photo by Jana Faulhafer/Spoke)

Caribbean educators visit Detweiler Centre

By Scott Brady

On May 24, members of the Caribbean Association for Technical and Vocational Education were given a look into how college programs in Ontario operate, as they toured the Detweiler Electrical Skills Centre at Conestoga College's Doon campus.

According to organized Larry Rechsteiner, director of International Education at Conestoga College, the tour was part of a special program designed by the Association of Canadian Community Colleges (ACCC).

The program is geared towards informing educational institutions in foreign places about how Ontario colleges operate.

The group of more than a dozen teachers from such countries as Jamaica and Trinidad were shown the centre's facilities and teaching methods by George Woods, co-ordinator of electrical programs at the centre.

As he took them through a classroom filled with students at work on their circuit boards, Woods said the centre uses a "hands on" method for teaching students.

This method consists of first teaching the student the basic

scientific laws of electricity and machinery and then getting the student to work on special labs.

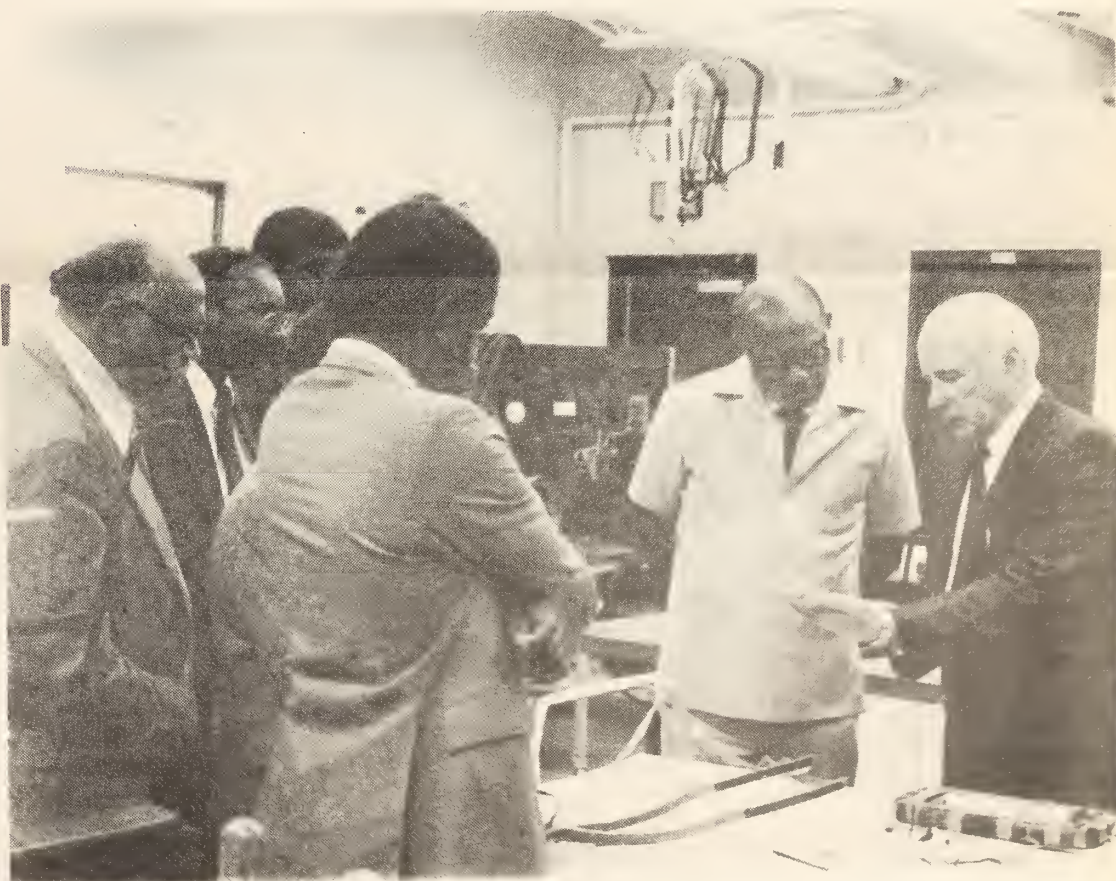
In the Electrical Machinery and Apparatus Hall, Woods showed the group different types of electrical motors the students work on and said that the centre has machinery and electrical equipment from present times as well as from the pre-industrial nineteenth century era.

He pointed out a steam and water dynamo, from the late 1800s which now stands in the centre's lobby like some proud statue, and said it is important that the students become aware of how electrical and mechanical engineering has evolved throughout the years.

The group said they were quite impressed with the centre and one member of the group, Ira McMahon who teaches on the island of St. Kitts, admitted he felt a bit jealous.

"You people probably don't realize how lucky you are to have such a great place to learn," he said. "I wish we had the same type of centre back home."

Later in the day, the group planned to also tour the wood-working building at the college.



Co-ordinator George Woods and members of the Caribbean Association for Technical Vocational education examine specially built bearing during a tour of the Detweiler Centre at Conestoga College's Doon campus.

(Photo by Scott Brady/Spoke)

Hot Spots!

Are you bored with everyday life? Are you looking for some night life?

This summer, let SPOKE point you in the direction of fun.

Read our new Hot Spots column, where the action is!

Watch for them!

Recycle this paper

Boxes are provided in strategic locations around Doon campus for recycling newsprint and fine paper. *Please use them!*

Program cancellation not necessary

By John Ruetz

According to Richard Organ, co-ordinator of the pre-press technology program at the Waterloo campus, effective communication could probably have saved one of the most industry-needy programs anywhere, his program.

Pre-press trains people to work in printing companies to prepare publications, such as books, newspapers, booklets, and posters, for printing.

"It's the fastest growing industry in North America...The industry is most upset at the cancelling of the program," said Organ.

Jack Simmich, president of the Graphic Arts Federation located in Pittsburg, Pa., wrote to Conestoga College president John Tibbits before the end of the pre-press program was officially announced January 22.

In his letter Simmich stated pre-press technicians were employed in the second largest employable industry in North America, and, in the fourth largest industry in North America. To Organ, the printing business and Simmich, Tibbits' statement calling the printing business a "sunset industry", and industry that is dying, is unfounded. The loss of his program co-ordinating position at the end of June does not upset Organ. He was co-ordinator of the Niagara College printing program when that program was cancelled in 1982.

In the spring of 1989 Organ was informed of the college's intent to form a task force to study the feasibility of the newly created pre-press program. Ministry approval for operating a 3-year program, funded and graduating students every two years, was given to the college in 1987. The first-year first-semester intake was in September 1988. Eight of the original class enrolment of 35 will be graduating in June when the program ends.

Not giving the program enough time to become fully operational and develop clientele was a key

factor the college task force failed to recognize. Announcing a program feasibility study to a program only eight months old does not make sense, according to Organ. "Up until the Fall of 1989 the program was full...We were looking into ways to promote the program when the decision was made to suspend the program."

The official announcement of the pre-presses cancellation was not a surprise to Organ, his staff or students. With program suspension, no further student applications were being accepted, nor was the program being promoted. "By the end of November, first part of December, we had a good idea of what was going to happen."

Organ cited the cycle of no promotion, no students, thus no program. Because the first program intake contained students who were not fully qualified, or not committed to learning, the attrition rate was high. Organ believes enough time and promotion to attract qualified students would have saved his program.

Presently, three other colleges offer similar program: Algonquin in Ottawa, George Brown in Toronto and Sault College in Sault Ste. Marie. Mohawk College in Hamilton offers a certificate training program.

Organ said the students are "Very upset and morale is very low. They just want to get out of here now. I understand how they feel."

"We tried so hard and were willing to do so much for (the program)," said Jeanette Schultz, who will graduate in June. She said the students volunteered to go to high schools to advertise the pre-press program. "We were willing to promote it ourselves...It's a good course, it really is."

Colleague Lisa Missere, one student who appeared before the Board of Governors last year when they were considering suspending the program. "We fought for three hours with administration," she said angrily, adding they got the impression the BOG did not under-

stand the program's position and did not consult them.

The students have been complaining about a lack of supplies and there high cost in the Waterloo campus bookstore since the program's demise was announced. They are concerned about the quality of their education as a result. "Excuse me! We've payed our thousand dollar tuition. We still need supplies," Missere remarked with exasperation about the bookstores empty supply shelves.

Alienation has been another problem. Some students think their Waterloo location, with only three other full-time programs, meant they were insignificant. Confusion with the Doon campus advertising graphic arts program had led some students to believe pre-press was unnecessary. "We've heard from people that we're not wanted anyway," said Missere.

"As a group we're more together," said Schultz.

"If they (college administration) really cared, they would do something about it," said student Mar-nie Vanderlaan.

The recently announced college deficit of nearly \$4 million resulted in numerous other college program cutbacks. The students believe the loss of pre-press is another attempt by the college to save money. "They knew last year they had to save money," said Vanderlaan.

Other program cuts include the School of Engineering Technology, electro-mechanical, electrical-engineering and cabinet making all have had either courses suspended or deleted.

The School of Trades and Apprenticeships has had its residential construction program cancelled for next year. The welder-fitter program will be reduced from two sections to one.

Many other cuts have been announced with more to come.

An April 3 K-W Record article showed the most visible result of the college's austerity measures to

reduce its deficit. The article began, "Students and faculty at Conestoga College say they are shocked and upset that a popular administrator was fired out of the blue..."

Pat Carter had been college vice-president for academic when president Tibbits notified her of her dismissal.

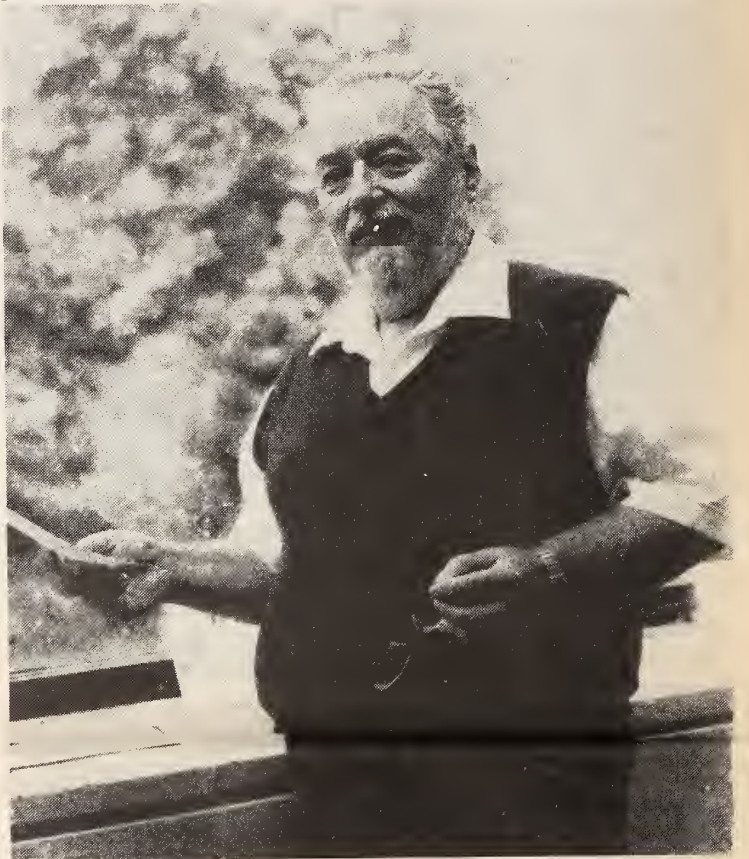
These cutbacks have left faculty, staff and some students uneasy about the future.

This summer Richard Organ plans "to go on holidays" when his program ceases. "I don't think

there are enough hours for me to work at the college full-time. I'll be checking for union availability."

Organ said he has not lost his business contacts in printing and thinks he will return to the printing industry in a managerial after 17 years teaching.

"I don't think I'll ever retire," he said by working on smaller printing jobs to stay active. He's not certain whether he will stay in the area or move away. But one thing is for certain in his mind, "There's still a good future ahead of me."



Richard Organ, co-ordinator of the Pre-Press Graphics program at the Waterloo campus, will be without a job at the end of June.
(Spoke file photo)

Stratford offers program to create new interests

By Stephanie Doucette

Because of a new program designed for Conestoga College's Stratford campus, 45 adults over 60, from all over North America, will have the chance to learn more about the city of Stratford and the Festival Theatre.

For the first time the college's Stratford campus will be implementing an Elderhostel program called Stratford a Cultural Mosaic. It is an educational program for older adults who want to continue to expand their horizons, develop new interests and enthusiasm. The program is for older citizens on the move, and based on the belief that retirement doesn't mean withdrawal but an opportunity to engage in and enjoy new challenges.

The Elderhostel program was founded in 1974 by Martin Knowlton and David Bianco. They were impressed with Europe and

inspired by the youth hostel's and folk schools. They felt there wasn't enough stimulation for elderly people, so they began the Elderhostel program.

"In order to address the needs of seniors, the program will be offered in Stratford this fall," said Jane Huffman, college representative for Elderhostel.

The program was designed to stimulate the individual to become their own agent of change, and has been expanding over the years in Canada.

This Fall a total of 135 mature adults will meet for three different sessions in October. They will be divided into groups of 45, and will stay at bed-and-breakfast establishments within the community.

"Usually the people stay in dorms, but because Stratford doesn't have a dormitory, the bed-and-breakfast is a new concept, and the operators who will be involved feel that this is a wonderful

said Huffman.

way for Conestoga to get involved with the Stratford community,"

The activities offered by the program will include backstage tours of the festival, a historical study of Stratford and surrounding area, tours of the theatre, the examination of distinctive local architecture, and how to preserve old records and archives.

The seniors will be going to plays, doing critiques of plays, and discussing plays before they see them.

"Stratford campus became involved with the Elderhostel program last summer when it approached the college which had been interested in the program for a long time," said Huffman.

Elderhostel has a catalogue that will be coming out in June. It will be available at public libraries or by writing to Elderhostel Canada, Suite 300, 33 Prince Arthur Ave., Toronto M5R 1B2.

Attention:

Stratford, Waterloo, Cambridge and
Guelph campuses

SPOKE NEWS FLASH

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